

Mental Health Updates

URGENT ANNOUNCEMENTS:**Cultivate Conversation – Reducing Stress and Building Resiliency through Recent Neuroscience and Brain Research**

Please join us **THIS Thursday, November 14th from 6-7:30pm** for our final community conversation focused on mental wellness. Dr. Michael Weber, Superintendent of Port Washington – Saukville School District, is our featured speaker. This series has been a joint effort of Port Conversations and Cultivate Mental Wellness. The event will be held at the WJ Niederkorn Library in Port Washington. Doors open at 5pm.

UWM Nursing Student Presentation!

Our partnership with this semester's UWM Nursing Student Clinical is coming to an end. On December 11, the students will present their community health project focused on mental health, substance use, and Adverse Childhood Experiences (ACEs). The presentation will be held at the Ozaukee County Fairgrounds Pavilion. Coffee and breakfast food will be provided. RSVP to Bailey at bailey.murph@washozwi.gov by Thursday, December 5th.

WASHINGTON COUNTY		
Event/Program	Details	Date/Time/Location
NAMI Ending the Silence	<p>Calling young adults to share their mental health journey.</p> <p>Are you between 18-35 and willing to share your story? This is a great opportunity to help teens throughout Washington County by sharing your story in school health classes! Now recruiting speakers for the 2019-2020 school year. Training and mentoring provided. Mileage and stipend per presentation.</p>	Contact NAMI Washington County at 262-339-1235 indicating your interest.

ONGOING PROGRAMMING		
WSM Wellness Support Management	Designed for individuals 18 years and older with mental health illness. Facilitated by peers, this group empowers participants to improve success and satisfaction with their everyday life.	<p>Offered on Mondays 6:30-7:30pm</p> <p>Offered Wednesdays 11:45am – 12:30pm</p> <p>No pre-registration required</p>
Mindful Creativity Adult Therapy Group	This group is for adults with mental health illness. Each month will focus on a different	Offered on the 2 nd and 4 th Tuesday of each month

	theme depending on the group members' needs. Space is limited. Pre-registration is required.	Call Jan at 262-339-1235 to pre-register or for more information
R.I.S.E. Connect Support Group	For individuals with mental health illness who are in their 20's and early 30's. This group offers support and encouragement for moving forward in daily life while successfully managing your mental health illness. Come share your weekly successes and challenges.	Offered Tuesday evenings 6:30-7:30pm No pre-registration required Contact Judie at judietammy.namiwashington@gmail.com for more information
Crafting Connections Activity Group	Peer led, this group generally appeals to adults who are newly diagnosed or adults who are new to experiencing challenges due to their mental health illness. No experience necessary. This is a relaxed atmosphere to build a support network and learn how creativity can be a coping mechanism.	Offered on Wednesdays 10-11:30am No pre-registration required
Let's Connect Young Adult Support Group	Led by trained facilitators this group is for post high school individuals from ages 18-23 years with mental health concerns. This is an open forum for peer discussions and building critical support networks. Monthly outings (free to group members) are planned to have fun, learn new skills, and develop friendships.	Offered every Thursday 4:15-5:30pm Contact Robin at robin.namiwashington@gmail.com for more information
Teen Connections Support Group	Offered at NAMI Welcome Center and Kewaskum High School and lead by trained facilitators, this group is for teens who live with or suspect a mental health condition. Teens learn about symptoms, resources, treatment, and the importance of developing a support network.	West Bend: Every Thursday 4:15 - 5:30 pm at 279 South 17 th Ave., Suite 7 West Bend, WI Contact Sue at 262-629-5187 or Suzanne.namiwashington@gmail.com for more information. Kewaskum: Every other Wednesday starting October 3rd from 2:10 - 2:50 pm at Kewaskum High. Contact your school counselor at 262-626-3105 → Mrs. Daane ext. 4106 or Ms. Brendemuehl ext. 4114

R.I.S.E. Support Group (Recovery Inspired by Shared Experience)	Led by trained facilitators this group is for adults ages 18 years and older who have a mental health illness. Talk about your concerns and receive support from other individuals who have been in similar situations. A safe place to share your struggles and experience, as well as learn more about living with these conditions.	Offered every Saturday 10-11am No pre-registration required
NAMI Family Support Group	Peer led by trained adults who have a family member with mental illness. This group meets two times per month - once in West Bend and once in Richfield at Northbrook Church. This is a structured group model.	Richfield: The first Monday of the month at Northbrook Church except for holidays. West Bend: The third Monday of the month at the NAMI Welcome Center except for holidays. Meeting time for both locations is 7:00 - 8:30 pm Call 262-339-1235 for more information. No pre-registration required.
color studio – Fostering Social and Emotional Development through Art	Course listing: <ul style="list-style-type: none"> • Private Counseling (Art Directed) • Parent Coaching • Color Club • Color Club: Open Studio 	See attachment for details and pricing. For more information or to register, contact Allie Eichenhofer at allie.eichenhofer@gmail.com or 262-707-7097
HOPE Peer Support Groups	For persons experiencing similar thoughts, behaviors, beliefs, and struggles relating to the many touch points of suicide - themselves or through a loved one. Groups are designed to provide HOPE and healing to those challenged by the topic of suicide ideation, attempt, or loss. H.O.P.E. Peer Support Groups are available for FREE to the suicidal individual, their loved ones, and those living beyond the loss of a loved one to suicide. Participant Demographics:	Coming Soon (Seeking Facilitators) 3rd Thursday of each month (6pm-7pm) LiFE OF HOPE Office (139 N Main St, Ste 104, West Bend) 4th Wednesday of each month (6pm-7pm) LiFE OF HOPE Office (139 N Main St, Ste 104, West Bend) 4th Tuesday of each month (6pm-7pm) LiFE OF HOPE Office (139 N Main St, Ste 104, West Bend)

	<p>Active Suicide Ideation and Survived Attempt Ages 11-22</p> <p>Active Suicide Ideation and Survived Attempt Ages 23+</p> <p>Friends and Family of Active Suicide Ideation Ages 13+</p> <p>Individuals Having Lost a Loved One to Suicide All Ages</p>	
AHA Community Connections	<p>AHA Community Connections offers a FREE, comfortable atmosphere for expanding a sense of community through healthy activities among fellow adults who "self-identify as feeling alone". Come together with others and engage in positive relationships through healthy social activities. Whether you enjoy walking, art activities, Packer parties, movies, games, or the outdoors, there is something for everyone. There is no pressure, only acceptance, harmony, and affirmation to encourage a natural desire for belonging.</p> <p>Participant Demographics:</p> <p>Walking Activity Ages 18+</p> <p>Special Interest Activities</p>	<p>Every Monday (6pm-7pm) Location changes based on season/weather conditions - PRE-REGISTRATION REQUIRED by calling LiFE OF HOPE At 262-429-1556</p> <p>First Wednesday Monthly (6pm-7pm) Location changes based on scheduled activity -PRE-REGISTRATION REQUIRED by calling LiFE OF HOPE At 262-429-1556</p>
QPR Certification Class	<p>Learn the LiFE-Saving skills of QPR Certification to respond to a potential or existing suicidal crisis. Includes a thorough understanding of statistics and how to identify risk factors and behaviors (i.e. loss of job or relationship, abuse, severe depression, hopelessness, trouble sleeping, isolation, etc.) and then gain knowledge in the specific steps to Question, Persuade, and Refer (QPR) for</p>	<p>Monthly (6pm-8pm) at the LiFE OF HOPE office (139 N Main St, Ste 104, West Bend) PRE-REGISTRATION REQUIRED online at LiFEofHOPEproject.org</p> <p>Scheduled to Meet Your Company or Group's Availability LOH Office or Location of Your Choice SCHEDULE by Calling Lori at 262-429-1556</p>

	<p>a LiFE-Saving intervention and successful referral.</p> <p>Participant Demographics</p> <p>Open Enrollment Ages 13+</p> <p>Your Own Pre-Scheduled Group</p>	
LIFE OF HOPE Support Groups	<p>Walk & Talk Group – This program is FREE and takes place every Monday from 6-7pm. During the summer, the group takes place on the Eisenbahn Trail in West Bend. During the winter, it takes place at the Kettle Moraine YMCA indoor track. Participants self-identify as feeling alone and find that through participating in this activity, they are able to connect with others in a healthy and meaningful way, thus reducing their sense of isolation. It is through human connection and healthy relationships that thoughts of suicide diminish and/or cease to exist at all.</p>	<p>To register for a group, please visit this page.</p> <p>All programs are Free.</p> <p>LIFE OF HOPE Office: 262-429-1556 139 N. Main Street, Suite 104 West Bend, WI 53095</p>

OZAUKEE COUNTY		
Event/Program	Details	Date/Time/Location
Cultivate Conversation – Community Conversations Mental Health Series	<p>Port Conversations and Cultivate have joined forces to bring a series of community conversations focused on mental health. Our conversations will focus on youth, mental health resources, and resiliency.</p>	<p>Reducing Stress & Building Resiliency → Dr. Michael Weber, Superintendent, Port Washington-Saukville School District November 14 6-7:30pm</p> <p>W.J. Niederkorn Library 316 W. Grand Ave. Port Washington, WI 53074</p>
Community Dialogues – top the Stigma of Mental Health	<p>Mental Health, We All Have It</p> <ul style="list-style-type: none"> - February 5 - View part 2 of “You’re Not Alone”, panel of local mental health professionals and high school counselors <p>Toolkit for Mental Health</p>	<p>Events held at Community United Methodist, Cedarburg, WI 6:30-8pm</p> <p>For more information, contact: Pat Morrissey at patmorrissey19@gmail.com</p>

	<ul style="list-style-type: none"> - April 29 - Various ways to cope with mental health issues, community resources 	
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ONGOING PROGRAMMING		
Ozaukee County Support for Parents of Children with Special Needs	Parents of children with special needs, need special friends. This support group is designed to provide parents with a safe and friendly environment to discuss things happening in their lives and give support to others without judgment.	<p>1st Thursday of the Month 6-7pm Family Enrichment Center – 885 Bader Circle, Grafton</p> <p>Call or email Meg or Korey to register</p> <p>Meg: 262-707-2927 or megclaey630@gmail.com</p> <p>Korey: 414-520-1952 or interiorsbykoren@att.net</p> <p>Limited childcare available. Please register by the Monday before the group.</p>
Adjusting to Motherhood	Peer support group facilitated by a doula and lactation consultant.	<p>Wednesdays, Fridays 10-11:30am Columbia Center Birth Hospital – Family Room 13125 N Port Washington Rd, Mequon, WI 53097</p>
Teen Haven	A support group for mental well-being open to all Cedarburg, Grafton, and Mequon high school students.	<p>Weekly, Thursdays 3-4pm Student Union (Downtown Cedarburg)</p> <p>To get involved or for more information, contact Jan at 262-377-1477 or jvalentine@copeservices.org</p>
Walking the Labyrinth Support Group for Young Adults – Ages 18-30	Grab a coffee and join us for casual conversations about our struggles and successes. Learn ways to cope and how to support those who may be a bit lost on their journey.	<p>Every 1st and 3rd Thursday 6:30-8:30pm N Seven Coffee Co in Grafton</p> <p>Learn more here: www.landbetween.net</p>

Resources	Details
For Young People with Psychosis, Early Intervention is Crucial (Kaiser Health News)	Click here for article.

Addressing a Crisis: Cross-Sector Strategies to Prevent Adolescent Substance Use and Suicide (Trust for America's Health)	Click here for article.
Newspapers Can Do More to Change Public Perception of Suicide, Report Suggests (Psychiatric News)	Click here for article.
REDgen Fall Newsletter	See attachment

Funding Opportunities	Details

CONFERENCES/TRAININGS/EVENTS	
Conference/Training/Event	Description
Compassion Resilience	<p>Thursdays from 10-11:30am November 21 December 5, 12, 19 January 2, 9, 16, 23</p> <p>Christ Church 5655 N. Lake Drive Whitefish Bay, 53217</p> <p>To register: Email Alison at Alison.wolf@rogersbh.org, or, call and leave a message at 414-865-2632</p> <p>Parents will receive a \$30 gift card each time they provide feedback, three times throughout the pilot.</p> <p>How do we parent with joy when our well seems dry? Here's a chance to get together with other caregivers to discover ideas that can help you to be well while caring for your family. We will explore ways to act with compassion, say "no" to support our "Yeses," get clear about our expectations, create the family culture we desire, and take care of our mind, spirit, heart, and strength at the same time.</p> <p>See attachment</p>
Taking Care of You Facilitator Training	<p>December 6 9am-3pm</p> <p>JP Coughlin Center 625 E County Rd Y Oshkosh, WI 54901</p> <p>Registration due by November 27</p>

	<p>Taking Care of You is a multi-session program offering practical strategies and experiences to help you deal with the stress in your life. Managing life's challenges in a healthy way allows you to take better care of yourself and your overall health. Each week you will explore topics through small group discussion, self-reflections, and activities.</p> <p>See attachment</p>
Mindful Self-Compassion	<p>October 10 – December 12 (8 Thursdays) 6-8:30pm (no class Oct. 24 and Nov. 28)</p> <p>To register, email Barbara Moser at barbaramwfb@gmail.com</p> <p>Mindful Self-Compassion (MSC) can help you to increase your inner reliance when facing life's challenges.</p> <p>See attachment</p>

MENTAL HEALTH MEETINGS 2019			
Think Well	Cultivate – West Bend	INVEST Mental Health	Cultivate – Port/Sauk
No more meetings in 2019	November 14 CANCELLED December 12	December 5	November 20 CANCELLED December 18
8-9:30am St. Joe's Froedtert, Conf. Room A	1-2pm West Bend City Hall Police Classroom	9-10:30am Family Enrichment Center, Room E	3-4pm Family Enrichment Center, Room E
If you would like to attend any of the above mental health meetings, please contact Bailey Murph at 262-335-4890 or bailey.murph@washozwi.gov			